

## 21st Annual National *Cicloraduno* FIAB Varese, June 19th-22nd 2008 Lakes, Villas and Valleys

The FIAB *Cicloraduno* was established to draw the attention of media, politicians and economic operators to the tourist and economic potential of cycle touring. Every year it attracts about 500 cyclists from Italy and Europe, most of them FIAB or ECF (European Cyclists' Federation) members.

It offers a chance to better discover and enjoy Italy by bicycle, in a friendly context and with local guidance/local guides. For this purpose it is organized in a different place each year.

The four days will be devoted to discovering landscapes, natural, historical and art sites, as well as to socializing and making new friends.

This year's *Cicloraduno* is part of the "Bike Network" project, a strategic plan to develop a cross-border cycle network through Lombardy and Switzerland, which is financed by the EU P.I.C. Interreg.IIIA Structural Funds (Italy-Switzerland 2000-2006).

21<sup>st</sup> edition, 2008

Varese lakes, villas and valleys

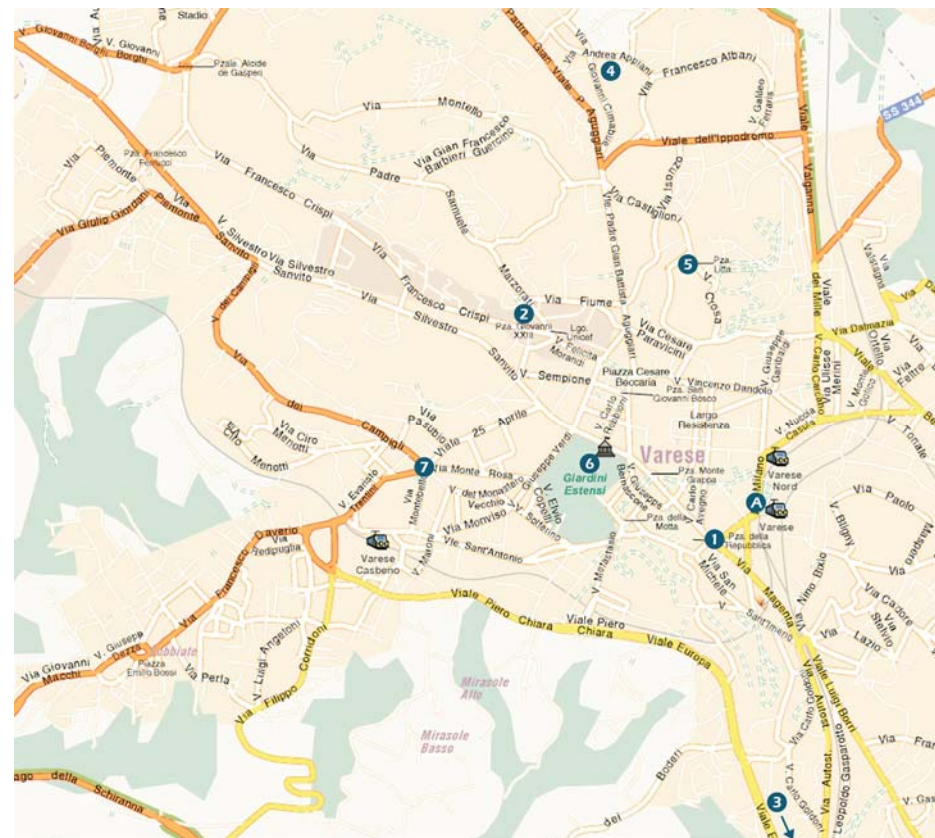
From Thursday 19<sup>th</sup> to Sunday 22<sup>nd</sup> June, starting from Varese we'll explore by bicycle its villas and we'll discover the province around it, with its small towns, lakes and mountain landscapes.

In order to take part in the *Cicloraduno* it's necessary to register at arrival as follows (Railway Station, Ferrovie dello Stato):

Thursday from 10 am to 6 pm

Friday from 8am to 10 am and from 4pm to 6 pm

Saturday from 8 am to 10 am



- A. Railway Station, Ferrovie dello Stato
- 1. Departure and arrival for the bike excursions: Piazza Repubblica
- 2. Convitto De Filippi (Boarding House)
- 3. Villa Cagnola (directional arrow)
- 4. Gymnasium
- 5. Villa Ponti
- 6. Municipio
- 7. Provincia di Varese

There is a pay parking in Piazza Repubblica

## REGISTRATION

Registration from 20th April to 6th June to 2008,

It's necessary to be a member of FIAB or ECF. It's possible to become a member by paying the fee of 15 Euros to the Varese FIAB association.

**To register to the Cicloraduno:**

### 1 Choose the accommodation you prefer

Several options are available:

- hotel
- boarding house
- gym or caravan site

For the hotel (free accommodation) you can book directly with Consorzio Turistico Varese e Provincia by sending the enclosed form via fax.

The De Filippi boarding house is in town and is slightly uphill. It offers single and double rooms (with bathroom) and has some places for caravans.

The Villa Cagnola boarding house is in Gazzada, 4 km from Varese, short uphill climb (reachable by train too), situated in a beautiful park with a wonderful view on the Alps. It offers double and triple rooms (with bathroom)

The gym is in town. If you choose this accommodation you must bring your own sheets and mat as well as towels. All accommodations, except the gym and camping include breakfast.

Thursday and Friday night dinners are for all participants at De Filippi boarding house. They will be served by the students of the Hotel School. Saturday night dinner will be at the prestigious Villa Ponti.

### 2 Extra services

- **Bike rental.** Very good bicycle/tourism 26" bikes, gel saddle. 21 gears, slick tyres, luggage rack and mudguards.
- **Luggage transport** Sunday 22<sup>nd</sup> from Varese to FNM Tradate railway station.

### 3 Confirmation of registration

Since places and services are limited, please ask office for confirmation of available places before filling in the form:

- to book the place in the boarding house, gym or camping
- to book lunch and dinner in case of free accommodation
- for extra services.

## 4 Payment

In favour of FIAB Ciclocittà Varese by :

- **Postal Money Order:** C/C Postale n° 16354219 in the name of Ciclocittà
- **Bank Transfer: IBAN: IT20Q0358901600010570347227 Allianz Bank** Stating "Partecipazione al cicloraduno 2008" (participation in the Cicloraduno)

## 5 How to send the registration

- by Internet (online form on: [www.fiab-onlus.it](http://www.fiab-onlus.it))
- by fax (sending the enclosed form. fax +39 0332 812059)

**No registration by phone will be accepted:**

For cancellation the following amounts will be held back from the paid amount: within May 30th 25%, within June 13th 50%, after June 13th 100%.

**Information:** FIAB - Ciclocittà Piazza De Salvo 8 - 21100 Varese Italy - Tel and fax +39 0332 812059; from April 20th to June 18th: Monday through Friday from 4 pm to 6 pm.

e mail: [cicloraduno@fiab-onlus.it](mailto:cicloraduno@fiab-onlus.it)

**Hotel reservation:** Consorzio Turistico Varese e Provincia Via Valle Venosta, 4 21100 Varese tel. +39 0332 342158 Monday through Friday from 9 am to 5 pm

Fax. +39 0332 335531 email: [info@vareseturismo.it](mailto:info@vareseturismo.it)

website: [www.vareseturismo.it](http://www.vareseturismo.it)

## PRICES

	3 nights	weekend 2 nights
<b>Participation fee with free accomodation</b>	€ 140	€ 130
<i>The fee includes lunches during the excursions, dinners as well as the gala dinner, possible transfers, insurance, gadgets.</i>		
<b>Partecipation fee with accomodation</b>		
Convitto De Filippi single room	€ 260	€ 210
Convitto De Filippi double room	€ 230	€ 190
Convitto Villa Cagnola double room	€ 260	€ 200
Convitto Villa Cagnola triple room	€ 250	€ 195
Gymnasium	€ 165	€ 145
Caravan Site	€ 165	€ 145
<i>The fee includes besides what mentioned for free accomodation, the night accomodation with breakfast (except for gym and camping)</i>		

### **For extras the following amounts should be calculated:**

- **€ 15** membership fee for FIAB association (only for those who are not FIAB or ECF members)
- **€ 70** bike rent, of which 22€ for rental and € 48 as deposit, which will be returned when returning the bike in perfect conditions.
- **€ 5** for luggage transport on Sunday 22nd from Varese to FNM Tradate railway station

**To take part in a bike ride for a day the € 15 fee** includes: lunch, insurance and a contribution for the organisation. The fee doesn't include the gadgets, which can be bought separately. The participation fee is to cover the expenses undergone by FIAB in the name and on account of the participants.

## BIKE EXCURSIONS

### THURSDAY 19

#### A) The city and its villas

*Difficulty: **easy**. Length: 15 km – some short climbs*

Departure 3 pm

Visit to the villas and the parks of the cities, up and down among nature and architecture (Varese is built on seven hills).

#### B) The reflections of the Rosa mountain range on LakeVarese

Departure 2 pm

*Difficulty: **medium** – length: 36 km ,altitude gain: 146 m*

On the beautiful cycle path which surrounds Lake Varese with the Rosa mountain range and the Alps in the background. Practically flat except for the height difference between the city and the lake.

#### C) Campo dei Fiori: The balcony of Lombardy

Departure 2.40 pm

*Difficulty: **difficult** – length: 35 km – altitude gain:736 m.*

We'll ride up to the highest point of the Varese territory in the Parco Campo dei Fiori park, a balcony facing the plain, passing through the medieval village of Sacro Monte.

### FRIDAY 20

#### A) Lands and Lakes on the border.

Departure 9.30 pm In front of the FS railway station

*Difficulty: **easy**– length: 53 km – height difference: 100 m.*

Excursion around the southern part of the Ceresio lake, which is half in Italy and half in Switzerland, surrounded by beautiful mountain ranges. Train transfer to and from Porto Ceresio.

#### B) Lands and Lakes on the border.

Departure 9 am

*Difficulty: **medium** – length: 65 km – altitude gain:295 m.*

After a hilly part to get to Campo dei Fiori, the descent on lake Ceresio, partly in the Italian territory and partly in the Swiss one. Return through the Merlot vineyards of the Tessin (CH).

#### C) Lands and Lakes on the Swiss border

Departure 8.30

Difficulty: **difficult** – length: 91 km – altitude gain: 328 m.

Through Valganna, we reach Tresa and then we'll climb to Mount S. Salvatore, overlooking Ceresio on the lake in front of Lugano. Return along the shores of the lake through the Merlot vineyards of the Tessin (CH).

#### **D) Mountain bike. From Campo dei Fiori to the Insubria lakes**

Departure 8.45 pm

Difficulty: **medium** – length: 62 km – altitude gain: 500 m

50% flat, 25% mountain. Road: 20% asphalt, 60% dirt, 20% cycle path.

Off the road, at first on the slopes of the “mountain of Varese” with a nice descent in single track towards three lakes and several swamps with beautiful natural spots in the shade of the woods separating the lakes of Monate, Comabbio and Varese. Before climbing back to the city we'll ride on the lovely cycle path around Lake Varese.

### **SATURDAY 21**

#### **A) The reflections of the Rosa mountain range on the Varese lake**

Departure 10 am

Difficulty: **easy** – length: 36 km – altitude gain: 146 m.

On the lovely cycle path that surrounds Lake Varese with the Rosa mountain range in the background. Easy transfer to Isolino Virginia, visit to the ice cellars of Cazzago and the cloister of Voltrone. The ride is totally on a flat ground and the height difference between the city and the lake can be overcome by bus.

#### **B) The shores of Lake Maggiore.**

Departure 8.30 am

Difficulty: **medium** – length: 78 km – altitude gain: 263 m.

Panoramic descent on Gavirate, situated on Lake Varese and short climb on the slopes of Campo dei Fiori; then the wide Valcuvia valley and the cycle path along the Margorabbia brook until Luino on Lake Maggiore. Along the Tresa river towards Ponte Tresa and the pleasant cycle path of Valganna taking us to Varese.

#### **C) Arcumeggia, the village of painters.**

Departure 8.30 am

Difficulty: **difficult** – length: 72 km – altitude gain: 454 m.

After Brinzio and Castello Cabiaglio, descent to Valcuvia, to climb on the opposite mountainside. Hard climb through the picturesque painted

village of Arcumeggia, towards Sant'Antonio al Cuvignone and descent to Lake Maggiore, along the shore till Laveno and at the end the “Stone of Gavirate” and Varese.

#### **D) Mountain bike: Lower and Upper Valganna**

Departure 8.45 am

Difficulty: **difficult** – length: 50 km – altitude gain :500 m

30% flat, 20% hill, 50% mountain. Road condition: 40% asphalt, 60% dirt .

Valganna, an Italian “canyon”, at the beginning small lakes and old churches in the lower valley, then forgotten hamlets and great views of the Italian-Swiss lakes from the upper valley..

### **SUNDAY 22**

#### **The Olona valley.**

Departure 9.30 am

Short bike ride all together in the historical centre of Varese, then descent towards the Olona river and visit of the old village of Castiglione Olona; lunch at the monastery of Torba, a Longobard settlement.

After dinner three possibilities:

**A) Difficulty: easy** – length: 20 km – altitude gain: 143 m transfer to the FNM rTradate railway station (*extra service: luggage transport*).

**B) Difficulty: medium** – Total length: 38 km – altitude gain: 190 m. After the visit to the excavation site of Castelseprio and the cloister of Cairate, on the old railway track of Valmorea, we reach Castellanza and the FS railway station of Busto Arsizio.

**C) Return to Varese** – Total length: 30 km – altitude gain: 190 m

**D) Mountain bike: Pine trees, woods and ruins in the Olona valley**  
Difficulty: **medium**– total length: 50 km – altitude gain: 300 m. 50% flat, 50% hill. Road: 30% asphalt, 70% dirt.

On an easy path, in the steep Olona valley, toward the pine forest of Tradate. Stop at the monastery of Torba together with all the participants, then into the forest till the ruins of the fortified village of Castelseprio. Return to Varese in mid- afternoon .

**The departures, unless otherwise indicated, are from Piazza Repubblica**

## REGISTRATION FORM TO THE CICLORADUNO

Cicloraduno FIAB 19th-22nd June 2008 • Varese

Name .....Surname.....

Date and Place of Birth .....

Address.....Postcode.....

Tel.....Mobile.....

e-mail.....

I am currently a member for 2008 of FIAB Association.....

City..... Card number.....

Unaffiliated members must enroll in a FIAB association for 2008

Additional fee **€ 15**

### Tick accomodation or other preferred item:

	4 days/3 nights	3 days/2 nights
<input type="checkbox"/> Convitto De Filippi single room	<input type="checkbox"/> € 260	<input type="checkbox"/> € 210
<input type="checkbox"/> Convitto De Filippi double	<input type="checkbox"/> € 230	<input type="checkbox"/> € 190
<input type="checkbox"/> Convitto Villa Cagnola double	<input type="checkbox"/> € 260	<input type="checkbox"/> € 200
<input type="checkbox"/> Convitto Villa Cagnola triple	<input type="checkbox"/> € 250	<input type="checkbox"/> € 195
<input type="checkbox"/> Gvmnasium	<input type="checkbox"/> € 165	<input type="checkbox"/> € 145
<input type="checkbox"/> Camping	<input type="checkbox"/> € 165	<input type="checkbox"/> € 145
<input type="checkbox"/> Free accomodation (fill in the	<input type="checkbox"/> € 140	<input type="checkbox"/> € 130

form for hotel reservation)

### Extra services:

€ 70 Bike rental [€ 22 rental € 48 deposit which will be given back when returning the bicycle in perfect conditions)

€ 5 for luggage transport on Sunday from Varese to FNM Tradate railway station

### Additional info:

vegetarian meals;

double bed room, room mate (double/triple):.....

Cicloraduno T-shirt size: Man:  S  M  L  XL  XXL

Woman:  XS  S  M  L  XL

Individual amount due (total) €.....

Payment via  bank  postal money order; date of payment.....

Name of the person making payment .....

(if different from the registrant named above)

Total payment €.....(if different from amount due above, i.e. more than one registrant).

**Choose bike excursions** (can be changed except for the easy ride on Friday due to train transfer):

19th June  easy  medium  difficult

20th June  easy  medium  difficult  mtb

21st June  easy  medium  difficult  mtb

22<sup>nd</sup> June  easy  medium  return to Varese  mtb

For your information I'll reach Varese:

by bike  by train  by car  other.....

**I agree** to the conditions and regulations indicated in the attached program and wish to **register** for the **21<sup>st</sup> Annual National Cicloraduno FIAB** to be held in Varese from 19<sup>th</sup> to 22<sup>nd</sup> June 2008. **I declare** to be sufficiently physically fit to participate in the bicycle-tourism activities proposed and **I agree** that my personal data may be used only for the Cicloraduno and to receive information relative to FIAB. **I also authorize** FIAB to use any photographs, video or similar material relative to my participation in the event without demanding compensation.

TO REGISTER: 1) read the general information, 2) phone to make sure of availability, 3) pay the due amount 4) fill in and send the registration form to FIAB Ciclocittà Varese within June 6th 2008 via fax +39 0332 802059 or email: cicloraduno@fiab-onlus.it

**Important! Remember to have a valid document for Switzerland**

Date..... Signature.....

**Information:** FIAB - Ciclocittà Piazza De Salvo 8 - 21100 Varese Italy

Tel and fax +39 0332 812059;

from April 20 to June 18, Monday through Friday, from 4 pm to 6 pm.

E mail: cicloraduno@fiab-onlus.it ; website: www.fiab-onlus.it

## FORM FOR HOTEL BOOKING

**Cicloraduno FIAB 19th - 22nd June 2008 • Varese**

To be sent to Consorzio Turistico Varese e Provincia via fax +39 0332 335531 within 31<sup>st</sup> May 2008

Name .....Surname.....

Date and place of birth .....

Address.....

Postal Code .....

Tel..... Mobile.....

fax..... email.....

*(home or office, in order to receive written confirmation)*

Hotel	Single room/ Double room for one person	Double room	Triple room	Deluxe
****	65 € to 120 €	120 € to 140	140 € to 180	170 €
***	80 € to 90	100 € to 120 €	125 € to 135 €	
**	55	70 €	90 €	

The prices are for the room and for a night, breakfast included

Date of arrival:.....June 2008

Date of departure:..... June 2008

**I wish to book** in a ..... star hotel:

single room in the name

of.....

double room for one person in the name

of.....

double room,  double-bed

single beds

in the name of : 1. ....

2. ....

No. Adults.....No. Children.... , Age:.....

triple room,  double-bed

single beds,

in the name of: 1. ....

2. ....

3. ....

No. Adults.....No. Children.... , Age:.....

bicycle place  car place

I hereby authorise the booked hotel to draw the amount of one night on my credit card in case of cancellation:

Credit card number (only for guarantee)

Number.....

Expiry date ..... Name of owner.....

**Date..... Signature.....**

CTVP - Consorzio Turistico Varese e Provincia Via Valle Venosta, 4  
21100 Varese

tel. 0332-342158 Fax. 0332-335531

[info@vareseturismo.it](mailto:info@vareseturismo.it) [www.vareseturismo.it](http://www.vareseturismo.it)

**Attention!**

**Please fill in and send also the Registration Form to the Cicloraduno**